

Catalog 2026



NARAYANA

INSTITUTE OF

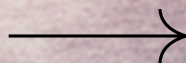
VEDIC ARTS &
SCIENCES



Ancient Vedic Knowledge

A spiritual, religious school named after Divine protector Lord Narayana and Vedic (from ancient Hindu texts the Vedas) with the sacred mission to provide affordable online and hybrid Vedic Education, including Ayurveda, Vastu, Yoga, and Ritualistic Herbalism. We also offer affordable consultations, energy work, and aim to create a community and school by women and for women.

[Read More](#)



Jan- April 2025

12 Weeks



****Are You Ready to Guide Others Home?****

Become a ****Vedic Ayurvedic Lifestyle Coach****
certified by Narayana Institute of Vedic Arts and
Sciences.

Students have the option to get certified in 12 weeks,
OR continue to study and apply these 12 weeks to a
Vedic Ayurveda Counselor Program (600 Hrs), which
is approved and accredited* and allows you to sit for
the National Ayurvedic Medical Association
Certification Board (NAMACB) exam.



<https://www.learn-ayurveda.com/ayurveda-lifestyle-coach>

WE COACH THE VEDIC COACHES

****Namaste.**** 🙏

- Vedic Ayurveda Counselor is a recognized program by Ayurveda Accreditation Agency. [Click here](#)



NARAYANA
INSTITUTE OF
VEDIC ARTS &
SCIENCES



**Vedic
Ayurveda
Lifestyle
Coach**





WHAT YOU WILL LEARN

**Experiential lesson Plans. Knowledge that you apply, not just “learn’ via lectures. **

- ✓ ****Doṣa Diagnosis**** – Energetic Nadi-Pulse, tongue map, discover your doshic constitution.
- ✓ ****Dinacharya **** – Customized Daily Microrituals taken from Ayurvedic and Vedic texts.
- ✓ Seasonal rhythm mapping to your and your client’s needs and dosha.
- ✓ ****15 Sattvic Recipes**** – Kitchen Sadhanas and custom Recipe cards.
- ✓ ****15 Ayurvedic Herbs**** – 15 Kitchen herbs, safe & simple
- ✓ ****Yoga Cikitsā**** – Breath + movement for mind-body
- ✓ ****6 Real Case Studies**** – From anxiety to postpartum glow
- ✓ ****Ethics + Dharma**** – Self-care as sacred duty

•





#12-week Vedic Ayurveda Lifestyle Coach#

*****Your Toolkit (You will prepare the following with our help)*****

- Doṣa Clock
- Digestion/Agni Body Map
- Vedic Myplate Plant-based meal plans for Vata, Pitta, and Kapha
- Custom Recipe Cards with Rituals, Mantras, and Intentions.
- 7-Day Client and Coaching Plans
- Gentle Yoga warm-up and Meditation Toolkit
- Intake forms for determining digestive balance and doshas



Vedic Ayurveda Lifestyle Coach

Cost- \$900 if paid in advance

or \$330 x 3 installments

Application Fees- \$25

Includes e-materials

Does not include physical books

Jan-April 2026



Embrace Your Sacred Feminine Journey:

10-Week Vedic Ayurveda Women's Specialization Course 🌸 This is not a doula program (though it's a beautiful complement).

This is a Vedic Ayurvedic initiation—a holistic path to counsel women through:

- ✨ Moon cycles & PMS
- ✨ Menstrual harmony
- ✨ Postnatal renewal
- ✨ Menopausal ascension
- ✨ Pregnancy as a spiritual rite

(Learn to guide gently with intentions, rituals, mantras, offerings to Goddess Earth, herbs, meditation, and plant-based nourishment, through the transitions, monthly cycle and mood mapping diet and herb support.)



Ayurveda Womens Coach

APRIL- JUNE 2026

Learn about the ancient wisdom within and guide your sisters and communities of friends, and women through life's transformative cycles with grace, power, and divine alignment? Introducing our exclusive 10-week Vedic Ayurveda Women's Specialization, a spiritually infused coaching certification designed exclusively for women called to serve—through the sacred lens of Ayurveda and Vedic rituals.

🧘 What You'll Master:

- Ancient Ayurvedic wisdom from Vedic texts—tailored for Vata, Pitta, and Kapha women
- Plant-based Ayurvedic recipes & spice alchemy for hormonal balance and vitality
- Daily + seasonal dinacharya (routines) to soothe PMS, nourish postpartum bodies, and ease menopausal transitions
- Vedic rituals, mantras, and meditations to honor the divine feminine in every phase
- Pregnancy as sacred sadhana: mantra chanting, Earth offerings, mindful meal planning, and yogic breathwork
- Holistic lifestyle modifications that heal mind, body, and spirit



VEDIC AYURVEDA COUNSELOR

Namaste and Hello Sisters!

Thank you for being interested in our program. The next group starts Jan 14th, 2026, and the application opens in November 2025. We will post the application link here as well as on Instagram and Facebook pages.

The Vedic Ayurveda Counselor program teaches you not only to reclaim your own ancient blueprint but also to help your community, friends, and family. We have been teaching Ayurveda and Vedic Arts for almost two decades. After teaching thousands of students, we know what works. Our philosophy is simple. We are not trying to turn you into someone who will spew out exotic Sanskrit words perfectly, only use Ayurvedic herbs, or cook only Indian food, khichdi, chai tea, and curry after this course. (Yes, you will learn recipes, but it will be guided to include in your or your clients' diet, and it won't be just Indian food, though we absolutely LOVE Indian food, and if you did want to speak exotic verses, we offer a Sanskrit class also)

You will start by registering for Term 1 (Vedic Ayurveda Lifestyle Coach), which is the first three modules and 12 weeks of Vedic Ayurveda Counselor. After completion of Term 1, you will register for Term 2, which is the same as Vedic Women's Coach. You will get a certificate of completion after successful completion of each term. For those wanting to become a Vedic Ayurveda Counselor, you will start your mentorship and Term 3 simultaneously after or at the end of Term 2. You will complete the rest of the required coursework for the Vedic Ayurveda Counselor, along with the mentorship requirements, in the latter half of the year. If you plan to take the. NAMACB exam, a portion of mentorship must be done in person.

Jan 2026- Jan 2027

RECOGNIZED BY NAMA
AND AYURVEDA
ACCREDITATION
COMISSION - 600 HOUR
PROGRAM -12-13 MONTHS.

✓ ONLINE

✓ HYBRID

✓ OPTION FOR IN PERSON
VEDIC LABS AND
WORKSHOPS

✓ OPTION FOR IN PERSON
VEDIC MENTORSHIP

✓ AFFORDABLE



VEDIC AYURVEDA COUNSELOR

- ✓ We will try to keep the course flexible, accessible, and affordable, but we will give lots of homework
- ✓ Life happens, and if you decide to drop out after completing term 1, you still get a Vedic coach certificate. If you drop out after completing both Term 1 and Term 2, you will get a Vedic Women's Coach certificate. And, after Term 3 and the mentorship portion, you will get a Vedic Ayurveda Counselor certificate. Each term is a course on its own, and your commitment to us is only term by term. One course-three certificates! Wow! We think it's a great deal.
- ✓ You will get the benefit of shared best practices from feedback from students from all walks of life.
(We have taught yoga teachers, doulas, estheticians, chefs, doctors, nurses, massage therapists, psychics, mediums, holistic herbalists, shamans, wicca practitioners, lawyers, engineers, and more. So, we have the experience of best practices with decades of feedback that we try to incorporate.)
- ✓ All classes are on Zoom. There are lectures, there are video workshops, plus there are in-person mentorships in Gainesville or Alachua Florida that are optional to attend. (Do note that to sit in the exam, you'd need a minimum of 40 hours of in-person mentorship or internship or physical classroom hours.

Our program is for women, by women, and if there is a male teacher-he is required to be very in touch with his own feminine side! Hope you will connect with us and decide to talk to me and check out a class or two before you join. You can buy our sample sessions from Patreon.

Our Mentorship program
Choose to complete your Vedic Internship (we call it mentorship!), either virtually or a combination of virtual and in person at Florida.

- :☒ Live, In-Person and/or Virtual Case Supervision
- ☒ Client Encounters – You observe and learn. Then you lead; we refine (dosha analysis, Ayurvedic Protocols, and follow-ups)
- ☒ Reviewed Documentation – Every hour counts toward AHC/AP certification
- ☒ Portfolio-Ready Case Studies – polished cases for your website + resume
- ☒ Business Integration – Learn client onboarding, pricing, and retention



Vedic Labs & Practicum

in person classes and workshops, mentorship, Herb making, Kitchen pharmacy with spices, Vedic cooking , Fengshui-vastu, Vedic Womens support classes, Nadi (pulse) Energywork and more in Florida. Example of workbook

Vedic Clinicals

We offer our Vedic Clinical Hours in a hybrid format. You can choose online only or mix in some in person hours too. We give you a mentor in your corner. Vedic clinical schedules will be posted by end of Nov.

Case Studies

NAMA requires that a total of 50 client encounters (not number of clients, but how many times we interact with them, so we can interact upto 3 or 4 times with one of our clients)

Business Integration

he market is flooded with Ayurveda coaches. What will set you apart. We'd give you feedback and part of the mentorship will be that you will create a website, intake forms and documentation.

LEARN *MORE*



Understanding Our Tuition Fees

Each Term is a course on its own, and requires a separate enrollment with \$25 application. A non-refundable. \$25 application or registration fees is due at the beginning of each of the three terms. Mentorship payable separately. Student must complete Term 1 before enrolling for Term 2. (Unless specified otherwise)



Vedic Ayurveda Counselor Advance Fees Schedule 1 (online only)

Term 1- \$900* tuition+ \$25 registration fees

Term 2- \$900* tuition+ \$25 registration fees

Term 3- \$900* tuition + \$25 registration fees

Online Mentorship- \$400 (must be paid in advance by end of term 2)

Online labs- included in the fees

TOTAL- \$3175 (Three Thousand One Hundred and Seventy Five Dollars If tuition is paid in advance.

Online mentorship payable by Term 2

Vedic Ayurveda Counselor Installment Fees Schedule 2 (online only)

If paid by installments, each term will be 10% extra tuition. Total Fees if tuition is paid by installments.

Term 1- \$330 x 3 installments tuition+ \$25 app. fees

Term 2- \$330 x 3 installments + \$25 app. fees

Term 3-\$330 x 3 installments + \$25 app. fees

Online Mentorship - \$400**

Online labs- included in the fees

TOTAL \$3445 (Three Thousand Four Hundred and Seventy Five Dollars) if 40 hours were in person.

Online mentorship payable by Term 2

Additional Mentorship Fees

In addition the the above the student can choose to attend in-person labs for extra price (\$125 for four clock hours)

In-person client observation/case studies mentorship- starting from \$20 per clock hour.

**Payable before the student attends the in person portion

Body
Body

Enroll today and secure
your spot in our vibrant
community!

